



Communique

June 4, 2020

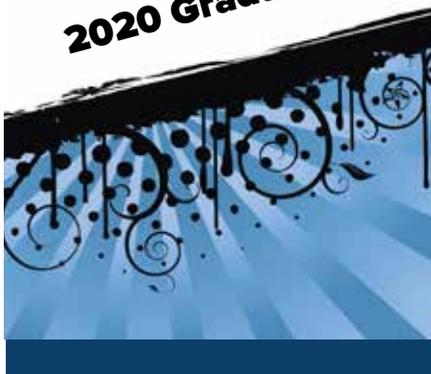
A CGH Medical Center Publication

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**Next Issue:
2020 Graduates**



Free and Confidential B-CALM Help Line Introduced

Feeling isolated, without purpose? Miss your friends? Fearful of the future? Just want to hear some encouraging words? Starting June 1, call the new confidential B-CALM help line - 888/33B-CALM or 888/332-2256 - for a positive spin on how to deal with the stress you are experiencing and chat with someone who is trained in coping and self-care. The B-CALM help line is available from 8 am to 5 pm Monday through Friday and is sponsored as a free service in partnership with the CGH Health Foundation and Smississippi Centers.

"The new B-CALM line is a safe and secure resource for youth and families who might need a boost in finding positive ways to respond to the anxiety we are all experiencing," said Gloria Martin, director of Child and Adolescent Services at Smississippi Centers.

"We know kids and parents are missing their friends, and so many of what used to be 'normal' activities. Our trained counselors are familiar with child and family issues and want to be a source of support as we come together to manage these challenges. This isn't therapy, but just a way to reach out to a safe person for chat and support."

Talking to people you trust is one way to decrease the stress you are feeling from being cooped up with the shelter-in-place mandate. Kids and adults alike are all impacted, but in different ways. Changing how you react to these unprecedented times can make a difference.

"A common trigger of stress is some kind of loss," continued Ms. Martin, "the loss of, or change in a relationship, the loss of another person, or the loss of stability associated with change, such as the total upheaval caused by COVID-19. One of the best ways to cope with your feelings is to communicate with another person...Sometimes it helps to just talk, vent and problem-solve with someone safe. There are simple ways each of us can change how we feel. Get more sleep, exercise more, eat healthy food, laugh more, use positive self-talk and positive attitudes, make an effort to relax and, of course, talk to people you trust."

Call the B-CALM help line - 888/33B-CALM or 888/332-2256 - and start feeling better. Go to www.cghmc.com/foundation or www.smississippi.org for more healthy resources on emotional well-being, nutrition and physical activity.

Need to Talk?

B-CALM

(888) 332-2256



SPIRIT OF THE HEART

Gallery at CGH

SUMMER 2020 EXHIBITION FEATURING ARTWORK FROM WOODLAWN ARTS ACADEMY STUDENT EXHIBIT

CGH is pleased to present the winners from the 2020 Student Art Exhibit, as well as other student and teacher artwork. Thank you to the Sauk Valley area schools and students that submitted work, and thank you to Woodlawn Arts Academy for allowing us to display the pieces through midsummer.



Graduation Announcements

Do you have a special graduate you would like to honor? We will again put together a special "Graduation Insert" in the June 18 issue of the *Communique* and are accepting graduation announcements.



Please submit the following to Nicole Bollman in Marketing:

- Name(s) of your graduates – again this year we will ONLY be listing **immediate family members** (self, spouse and children) from High School, college and beyond. We will not be listing preschool, kindergarten and eighth grade graduations due to space limitations.
- The name of the high school or college they are graduating from and with what degree (if applicable)
- The names of the graduate's parents, and what department you work in.

Wound Care Awareness Week June 1-5, 2020

The CGH Wound Healing and Hyperbaric Oxygen Treatment Center, a member of the Healogics network, is helping raise awareness of chronic wounds during the seventh annual Wound Care Awareness Week, being held from June 1 to June 5.

Wound Care Awareness was established by Healogics in 2014 to bring attention to the chronic wound epidemic and the 6.7 million Americans who are currently living with non-healing wounds. Program Directors across the nation will dedicate the entire week to educating physicians, patients and the general public about the chronic wound epidemic and the advanced wound care solutions available. The CGH Wound Healing and Hyperbaric Oxygen Treatment Center offers advanced therapies to patients suffering from chronic wounds.

While there are already millions of people living with chronic wounds, the incidence is rising, fueled by an aging population and increasing rates of diseases and conditions such as obesity and the late effects of radiation therapy. A person with a wound has an average of three to four chronic conditions like diabetes, PAD, cardiovascular disease and COPD. If left untreated, chronic wounds can lead to diminished quality of life and possibly amputation of the affected limb. Even more alarmingly, 50 percent of people die within five years of amputation.

"Our Wound Center has taken care of thousands of patients over the past twelve years, who have had poorly healing wounds from aggressive soft tissue infections, diabetic foot ulcers, radiation therapy sites that don't heal and a great many other types of wounds that are too numerous to mention," said Dr. Thomas McGlone, CGH Wound Healing Center Medical Director. "The goal of the CGH Wound Healing Center is to cooperate with your attending physician, to keep you out of the hospital and on the road to complete closure of chronic wounds and to prevent their reoccurrence."

People with wounds that have not improved with traditional methods of treatment may benefit from a visit to The CGH Wound Healing and Hyperbaric Oxygen Treatment Center. With locations in both Sterling and Dixon, CGH Wound Healing Center is available for those with prolonged wounds that will not heal. To schedule an appointment, please call 815-564-4002 or visit www.cgihmc.com/wound.



The power to heal



CGH Downtown Medical Center Welcomes Christina Miller, FNP-C

We are pleased to announce that Christina Miller FNP-C has joined Dr. Angel Blazquez and nurse practitioners Julie Wardell and Teresa Stout at the CGH Downtown Medical Center.

"I am motivated to be a great nurse practitioner because I understand the need for a bilingual provider. The community requires a healthcare provider who shares the same culture and can provide healthy working relationships," said Miller. "I want to be able to gain their trust and deliver compassionate care, so they are not afraid of seeking medical attention."

Christina has worked at CGH Medical Center since 2006 and received her MSN and BSN from Chamberlain University in Downer's Grove. A board certified family nurse practitioner by the American Academy of Nurse Practitioners, Christina is a Certified Trauma Nurse and is certified in Emergency Pediatric Nursing and Advanced Cardiovascular Life Support.



15 W. 3rd St., Upper Level, Sterling, IL
(815) 625-0226
www.cghmc.com

iHablo Español!

Visitor Restrictions Continue



As we are still closely following guidance from IDPH and the CDC for the safety of all of our patients, CGH is still implementing our **NO visitor policy until further notice.** (This will be re-evaluated again mid-June.)

The only exceptions to this policy are for children admitted to the hospital, maternity, patients receiving end-of-life-care, and clinic/outpatient/sedation assisted testing patients who need assistance. All of these patients may have one adult person with them.

Thank you for your patience and understanding!

Massage Therapist Wanted

The Shared Governance Wellness Committee is looking for a massage therapist to offer massages at CGH. If you are a licensed massage therapist or know someone who is, please contact Hannah Walls at Hannah.Walls@cghmc.com or extension 5655.



Masquerade™

\$5

JEWELRY &
ACCESSORIES
SALE!

Monday, June 15th

7am - 6pm

Tuesday, June 16th

7am - 3pm

Ryberg Auditorium

Sponsored by CGH Auxiliary

Cash, Debit/Credit Cards & Payroll Deduction

Guidelines:

- *Maximum of 8 shoppers
- *Masks required
- *Social distance
- *Hand sanitize before entering
- *For employees only and outpatients already at CGH

Moeller, Myers
& ASSOCIATES PC
COUNSELING & CONSULTING

**Employee Assistance Program
for CGH Employees and their Families**



3917 East Lincolnway, Suite C, Sterling, IL 61081

(815) 626-8760 • www.mmaccil.com

No Charge for first two sessions per household

Caring Snacks Delivered to CGH Satellite Clinics

To help give our hardworking CGH staff members a bit of a relaxing break, the CGH Caring Fund and the CGH Health Foundation have teamed up to create the "Caring Cart".

This past week we have been delivering "Caring Snacks" to our satellites clinics. The deliveries included complimentary snacks (such as granola bars, fresh fruit and peanuts) as well as personal hand sanitizers and other giveaways.

Continued thanks to all of our staff who have worked around the clock during this crisis!

Below are pictures from some of the deliveries.



Dixon



Downtown



Fulton



Lynn Blvd.



Morrison



Mt. Carroll



Prophetstown



Ready Care

Coumadin Clinic Move

The Coumadin Clinic at the CGH Main Clinic is moving from the 1st floor Internal Medicine department to the 2nd floor Cardiology department effective Monday, June 8.

Check out CGH Heartbeat for the badge ceremony videos of our recent nursing graduates!



May Day in Cardiology

The CGH Main Clinic Cardiology department celebrated their first day back seeing patients on May 1 with festive May baskets.

